

Kentucky Behavioral Health Planning and Advisory Council

Council Meeting Summary

August 18, 2016 10:00am to 2:00pm

Kentucky Transportation Cabinet, 200 Mero Street, Frankfort, Kentucky

Council Members: Gayla Lockhart, Lynn Haney, Cathy Epperson, Steve Lyons, Mike Barry, Jeanette Rheeder, Rebecca Burton, LeeAnn Kelley, Robin Linton (for Yayo Radder), Peggy Roark, Brandon Kelley, Betty Jo Moss, Sherry Sexton, Steve Shannon, Natalie Kelly, Brittany Roberts (for Carmilla Ratliff), Ron O'Hair, Bill Heffron, Ann Hollen

Speakers: Margaret Pennington, Teresa McGeeney

Guests: Tara Moseley

Staff: Melissa Runyon, Christie Penn, Jane Oliver, Luanne Steele

Topic	Discussion	Next Steps
Call Meeting to Order	Gayla Lockhart, Chair, called the meeting to order at 10:04 AM and welcomed attendees. Quorum was confirmed. Gayla welcomed Brittany Roberts to the meeting. Brittany represented Kentucky Partnership for Families and Children as Carmilla's designee. Members, guests and staff introduced themselves.	
Approval of May 2016 Meeting Summary	<p>Members reviewed the May 2016 meeting summary. Christie Penn noted that the meeting summary includes 2 bulleted lists from the Center for Mental Health Services' 2014 monitoring visit report that was received April 2016.</p> <ul style="list-style-type: none">• Noted strong behavioral health programs and initiatives; and• Recommended areas for improvements and possible technical assistance. <p>Cathy Epperson made a motion for to approve the minutes as written. Betty Jo Moss seconded. Motion passed.</p> <p>Discussion was held about the status of the recommended areas for improvements and possible technical assistance. Council requested staff to provide an update on the status of the items listed in the recommendations section at the next quarterly meeting.</p>	<p>Approved minutes are available online at http://dbhdid.ky.gov/dbh/kbhpac.aspx.</p> <p>Staff will provide an update on the status of the recommendations at the November 17th meeting.</p>
Committee Reports	<p><u>Membership Committee</u></p> <p>Melissa Runyon provided the Membership Committee report for Mary Singleton. Missy discussed a member's request made on June 21, 2016 to take a break from commitments for six months to care for her son. This request would entail her missing two quarterly meetings. Betty Jo Moss made a motion to approve the member's leave and for the Council to discuss the request again in the future if the member needed additional time to care for her child. Cathy Epperson seconded. Motion passed.</p> <p>Becky Burton presented a new version of the Council brochure that she, LeeAnn Kelley and Mary Singleton had drafted. She explained that the many colors of the brochure represent diversity and that the KBHPAC logo inside the hands shows that everyone on the Council works together.</p>	<p>The membership application is available online: http://dbhdid.ky.gov/dbh/documents/kbhpac/MemberApp.pdf.</p>

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	<p>Members held a discussion about how to distribute and use the brochure. Mike Barry made a motion to approve the brochure as drafted. Cathy Epperson seconded. Motion passed.</p> <p><u>Finance and Data Committee</u></p> <p>Betty Jo Moss reported that SFY 2017 mental health block grant and substance abuse prevention and treatment block grant allocation documents “beige sheets” were included in the packets.</p> <p><u>ad hoc Committees</u></p> <p>Cathy Epperson, Chair of the Advocacy & Policy Committee, reported to members that the Committee’s updated Legislative Priorities document was in the packet for the Council to review. Cathy stated that the document contains all of the revisions recommended at the prior meeting. Cathy reminded members that this is an excellent time to meet with legislators, have coffee and discuss the priorities before their busy legislative season begins. A member asked of additional ways to use the document. Cathy stated that she prints the document and has it available on her display table and distributes it at conferences. She recommended other organizations consider sharing the document in the same way. Steve Shannon made a motion for the Council to adopt the Legislative Priorities. Brandon Kelley seconded. Motion passed.</p>	
<p>2017 Combined Behavioral Health Assessment and Plan Review</p>	<p>Members were provided with copies of the draft 2017 Combined Behavioral Health Assessment and Plan, Executive Summary and an overview of the mental health and substance abuse prevention and treatment block grants. Melissa Runyon and Christie Penn reviewed the documents with members. A discussion was held about the section “Behavioral Health Council Composition by Member Type” with members noting that the Council needs more representation from the following subpopulations:</p> <ul style="list-style-type: none"> • Youth • LGBTQ • Hispanic • African-American <p>Members recommended discussing this topic further in the future to determine a good recruitment method, but the following ideas were shared:</p> <ul style="list-style-type: none"> • Send the new Council brochure to organizations serving the above groups. • Invite members of the organizations from the above groups to come speak to the Planning Council. • Reach out to Tom Hill at SAMHSA for technical assistance related outreach to LGBTQ community. <p>Gayla shared the drafted letter to be included in the grant application stating that the Council discussed and reviewed the 2017 Combined Behavioral Health Assessment and Plan at today’s Council meeting.</p>	

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Block Grant Review/Behavioral Health Disparities	<p>Council members were interested in reviewing environmental factors for block grant applications in more detail and more frequently than once a year. Staff provided a listing of all environmental factors included in block grant narratives, and Council members voted on order of priority for future reviews.</p> <ul style="list-style-type: none"> • Prevention for Serious Mental Illness • Recovery • Suicide Prevention <p>These 3 factors are the next ones the Council wishes to review during quarterly meetings.</p> <p>The first environmental factor reviewed was for Health Disparities. Council members reviewed Kentucky's 2016/2017 narrative response to the Health Disparities Environmental Factor and guided questions for the discussion, prior to the meeting. The Council members' comments are as noted.</p> <ol style="list-style-type: none"> 1. What do you think are subpopulations/groups in Kentucky who are vulnerable to behavioral health disparities? <ul style="list-style-type: none"> • Individuals with limited English proficiency; • Individuals with low socio-economic status (difficult to afford medications); • Those who cannot communicate clearly through speech; • Individuals with language barriers including individuals who are deaf or hard of hearing; • Individuals in rural areas; • Individuals from racial/ethnic minority groups; • Individuals with disabilities; • Veterans, active military, guardsmen, and their family members; • Older adults; • Individuals who are gender or sexual orientation diverse (LGBTQ); • Youth and young adults in the foster care system; • Individuals who are not familiar with behavioral health resources; and • Vietnamese and Cambodians in Louisville. 2. What initiatives do you recommend to address behavioral health disparities in Kentucky? <ul style="list-style-type: none"> • Look at the data first; • Create jobs (peer support specialists – youth and adults who have experience who can use their skills to help others); • Have “culturally sensitive” employees to help minorities in health care settings; and • Have individuals available to support those who are 	<p>Council will begin reviewing other environmental factors as prioritized.</p> <p>Council will review additional data regarding health disparities at November meeting.</p>

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	<p>experiencing communication challenges.</p> <p>3. What technical assistance do you think the state of Kentucky should request from SAMHSA related to behavioral health disparities?</p> <ul style="list-style-type: none"> • Telehealth (videoconferencing with doctor or other therapist); • Video in sign language for individuals who are deaf or hard of hearing; and • Materials in Spanish for the Latino community. <p>4. Please share any other comments related to Kentucky's behavioral health system of care or health disparities.</p> <ul style="list-style-type: none"> • There is reluctance by older adults and Veterans to use CMHC services in Kentucky. • Behavioral health providers must consider and integrate into treatment individuals' co-occurring physical health disorders. • Parity must be extended to services reimbursed by Medicare. For individuals age 65 and older who are on Medicare Advantage, the copay is \$15 when they go to their primary care provider and \$40 when they go see a therapist. • NAMI Kentucky has had experienced increased requests to speak to older adults so their organization feels the need is great. 	
<p>Certified Community Behavioral Health Grant Update</p>	<p>Margaret Pennington, Director of Planning, Evaluation, & Consultation, and Teresa McGeeney, Epidemiologist, at REACH Evaluation in Louisville provided an update on the grant that Kentucky was awarded in October 2015 by the Substance Abuse and Mental Health Services Administration (SAMHSA) in conjunction with the Centers for Medicare & Medicaid Services (CMS) to support states' planning efforts to certify community behavioral health clinics. Margaret reported that all 14 community mental health centers (CMHCs) were given the opportunity to become a part of the planning and certification efforts. Five CMHCs went through round one and four CMHCs are a part of round two (Seven Counties Services, NorthKey, Pathways, Bluegrass).</p> <p>The certification process includes 128 criteria. During August and September, the Kentucky Institute for Excellence in Behavioral Health has scheduled an on-site review with each region to assess readiness.</p> <p>REACH Evaluation has conducted a statewide needs assessment and regional needs assessments in the four regions noted above. Teresa reviewed the statewide data with the Council.</p> <p>Statewide and local stakeholder input is a key component of the planning</p>	<p>To learn more about REACH Evaluation, and/or to make comments, visit: http://reacheval.com/.</p>

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	<p>efforts as well. REACH has coordinated stakeholder involvement and feedback during the planning grant, meeting with this group on five occasions. Region stakeholder involvement is also key and REACH sought input from this advisory body on how to do that by asking the Council the following questions:</p> <ol style="list-style-type: none"> 1. How would you go about improving access to (and utilization of) substance abuse services (for youth and for adults)? <ul style="list-style-type: none"> • More education, awareness campaigns of resources, marketing campaign; • Decrease stigma; • A resource for parents that contains facts, steps of who to call/where to go, and information about peer support services (including family/parent peer support specialists) because parents feel alone due to stigma; • More peer support services/specialists; • More transportation services; and • More prevention and treatment services in middle schools and high schools. 2. What strategies would you use in obtaining stakeholder input on the regional needs assessments? Who needs to give input? How would they best be reached? <ul style="list-style-type: none"> • Obtain stakeholder input more than once and do it at different times (Don't do it at a time that is convenient for you and your staff); • Identify clients who left unhappy with your service and get their input. Do not just get the input of satisfied clients. • NAMI Kentucky volunteered to help because they have many members across the state and a lot of social media opportunities. • One member recommended the use of Peer Support Specialists because they are very good with individuals who are reluctant to share their experience and with individuals who cannot read. 3. Other comments on the State Needs Assessment or the CCBHC process: <ul style="list-style-type: none"> • Concern was expressed that 31% of clients referred to Seven Counties, NorthKey, Pathways or Bluegrass by hospital staff after discharge from one of the four state psychiatric hospitals were not seen after discharge. Some members recommended late night clinics or more open access hours. Some recommended that clients should be expected to go to the CMHC the same day just as an individual being discharged from a substance use 	

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	<p>treatment facility is expected to go to an Alcohol Anonymous/Narcotic Anonymous meeting the same day, not within 14 days. Some recommended that the expectation should be three or seven days instead of 14. Members stated, "We must do better with aftercare and follow-up."</p>	
Member Updates	<p>Members shared updates and information about important upcoming events in round robin format. Some of the highlights included:</p> <ul style="list-style-type: none"> • Cathy Epperson reported that NAMI Kentucky's 2016 Annual Conference is September 24th at Christ Lutheran Church in Louisville. The keynote speaker is Paton Blough "Handcuffs to Hope." Commissioner Wendy Morris will speak during lunch. Registration forms were distributed to members. Register by September 9th to guarantee a lunch. • Brittany Roberts reported that Kentucky Partnership for Families and Children (KPFC) will be hosting a Be the One Golf Scramble at Juniper Hills Golf Course in Frankfort on September 16th at 1:00. The cost is \$55/person or \$220/team. They are also hosting a benefit dinner that evening at The Frankfort Country Club. It begins at 6PM with a meet and greet, with dinner and program at 7PM. New York Times best-selling author, journalist and mental health advocate, Pete Earley will be discussing his book <i>CRAZY: A Father's Search through America's Mental Health Madness</i>. • KPFC has a Leadership Academy training scheduled September 23-25, 2016 at Dale Hollow State Park. The cost is \$25.00 per participant. This cost includes meals and lodging. Registration is available at KPFC's website. • KPFC is hosting Kentucky Family Peer Support Specialist Core Competency Training October 17-21 at Rough River Dam State Resort Park. Registration is available online. • Betty Jo Moss shared that she had won a blue ribbon for a civil war sampler quilt she had created. • Sherry Sexton shared that she will start UK's Master of Social Work Program next week. • Steve Lyons reported that he participated in the Shelby County March to Recovery Walk on Saturday, August 13th. • Ron O'Hair reported that the Kentucky Rehabilitation Association Conference is September 7-8 at the Hyatt in Lexington. • Ron O'Hair reported that on July 1, 2016 the Office of Vocational Rehabilitation (OVR) invoked an "Order of Selection" because their agency cannot serve everyone who is eligible. OVR has created a wait list for services that prioritizes individuals based on the severity of their disability. Individuals with the most significant disabilities have first priority for services. Kentucky OVR has been under an Order of Selection for several years, serving categories 1-5. Under the new policy, OVR will only be able to serve category 1. OVR hopes this will only be temporary 	<p>To learn more about NAMI Kentucky, visit: http://namikyadvocacy.com/Default.aspx</p> <p>To register for the Be the One Golf Scramble, visit: https://kypartnership.org/2016/08/05/one-golf-scramble/.</p> <p>Leadership Academy: https://kypartnership.org/2016/07/27/fall-leadership-academy/ Kentucky Family Peer Support Core Competency Training: https://kypartnership.org/2016/08/18/kentucky-family-peer-support-specialist-core-competency-training-application/</p> <p>Kentucky Rehabilitation Facebook page: https://www.facebook.com/Kentucky-Rehabilitation-Association-140181326051126/time-line/</p> <p>Learn more about Order</p>

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	<p>until their current financial status changes. Until then, persons with disabilities who do not fall into category 1 and were not deemed eligible by July 1, 2016, will be placed on a waiting list until they can reopen closed categories.</p> <ul style="list-style-type: none"> • Brandon Kelley reported that the young adult drop-in center in Ashland is going well. Staff are working to recruit more clients. Brandon noted that he begins his internship at the Division of Behavioral Health next week. • Tara Moseley, the State Program Director for Young People in Recovery (YPR), reported that YPR is hosting a screening of <i>Generation Found</i>, a film from the creators of <i>The Anonymous People</i>, is a story of how the community of Houston came together to create a recovery community for youth at Village 8 Theatres, 4014 Dutchmans Lane, Louisville on September 20th at 7:30PM. Tickets are \$11.00 • Mike Barry of People Advocating Recovery (PAR) encouraged all members to sign up for PAR's eNewsletter to learn more about recovery events taking place around the state. • PAR is hosting a Recovery Rally September 10, 2016 from Noon-2:30PM at the Muhammad Ali Center Plaza, 144 N. 6th Street in Louisville. • Dr. Heffron reported that while the actual number of children in out-of-home placement with DJJ has decreased significantly between 2014 and 2016, the percentage of minority children in out-of-home care has increased. In addition, as the charges increase, so do the percentages of children of color. 	<p>of Selection guidelines at OVR's homepage: http://kcc.ky.gov/Vocational-Rehabilitation/Pages/default.aspx</p> <p><i>Generation Found</i> film: http://generationfoundfilm.com/. To purchase tickets, go to: https://gathr.us/screening/16736.</p> <p>To sign up for PAR's eNewsletter, visit: http://www.peopleadvocatingrecovery.org/email_updates.htm</p>
National Block Grant Conference Update	<p>Gayla Lockhart, Council Chair, provided an update on the SAMHSA National Block Grant Conference. Gayla told members that she attended a workshop based on the GAINS Model with a presenter from Philadelphia who discussed using peers in their mental health courts, drug courts, and veteran's courts and the model was cost effective and has good outcomes. Gayla also discussed the peer run respite house model that New York is doing as well as the Zero Suicide Initiative workshop. Gayla relayed that Darryl Strawberry shared a very inspirational recovery story at the conference and she has a newfound interest in services for individuals in recovery from substance use disorders after his passionate story. Gayla reminded members that September is National Recovery Month. She ended by praising members and staff for the dedicated, strong council that Kentucky has because at the Planning Council workshop she attended, she heard many stories that not every state has a council as united and speaks as one voice as ours.</p>	<p>SAMHSA National Block Grant Conference: https://samhsaconf2016.jbsinternational.com/Content.aspx?id=MT11</p>
Department Updates	<p>Melissa Runyon provided members with the following updates from the Department for Behavioral Health, Developmental and Intellectual Disabilities:</p> <ul style="list-style-type: none"> • The 43rd Annual Kentucky School for Alcohol and Other Drug Studies was a big success with record attendance over the four 	<p>Please send topics or presenters that you or</p>

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	<p>and a half days - over 850 participants. There were 48 presenters and 82 workshops. There were tracks for substance use disorder treatment, prevention, and adolescents. The 2017 Dates are scheduled for July 23-27th again at the Crown Plaza in Louisville. Cathy Epperson and LeeAnn Kelley thanked the department for providing an opportunity for Council members to attend the conference.</p> <ul style="list-style-type: none"> • Kentucky CIT (Crisis Intervention Team) is hosting their annual conference on September 26-27 at Georgetown College. This annual two day training brings together law enforcement and mental health professionals. • The Kentucky Institute for Excellence in Behavioral Health's (IEBH) fourth <i>Best Practice Spotlight: Medication Assisted Treatment (MAT) for Opioid Dependence</i> was made available for members at the meeting and is also available online at the IEBH's website. • Wendy Morris has been appointed as BHDID Commissioner and Dr. James "Jim" Gedra as Deputy Commissioner on August 1. Commissioner Morris joined the department in 2013. Deputy Commissioner Gedra joins the department after serving as the Director of the Recovery Center and the Director of Psychology at Central State Hospital. • Jean West has been appointed as the Director of Communications for the Cabinet for Health and Family Services. She began her position on July 13. West previously served as news anchor for WAVE 3 News Sunrise in Louisville among other positions. • Sue Fisher resigned from the department at the end of July. Staff in the Adult Behavioral Health and Recovery Services Branch will be performing the tasks formerly done by Sue. • The first episode psychosis initiative is now calling established programs iHOPE (Helping Others Pursue Excellence). The following CMHCs have or are planning iHOPE programs: Four Rivers Behavioral Health, LifeSkills, Seven Counties, Pathways, Mountain Comprehensive Care Center, and Cumberland River Behavioral Health). • There are now drop-in centers following the TAYLRD (Transition Age Youth Launching Realized Dreams) drop-in center model in several areas across the state, including: Ashland, Bardstown, Hazard, Louisville, Morehead and Taylorsville. 	<p>your staff would like considered for next year's School to staff.</p> <p>Kentucky CIT's webpage: http://kentuckycit.com/</p> <p><i>Best Practice Spotlights</i> on 1) first episode psychosis, 2) high fidelity wraparound, 3) individual placement and support, and 4) medication assisted treatment. http://iebh.eku.edu/best-practice-spotlights.</p>
Adjournment of Meeting	LeeAnn Kelley made a motion to adjourn the meeting at 2:10pm. Mike Barry seconded. Motion passed.	<p><u>Next Meeting:</u> Thursday, Nov. 17, 2016 10:00 a.m. – 2:00 p.m.</p>